

**Please describe changes to blood pressure indicative of changes in the elasticity of arteries:**

My husband has feeling returning to his feet. Lost the burning and tingling sensation in his feet. They are not sore any more. I have less headaches (migraine)

**We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.**

**Please describe any external changes experienced with respect to skin and hair conditions:**

Also great to control my diabetes

**We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.**

**Please describe your experiences with Hemp Hearts and any serious health condition:**

I have been able to control diabetes with diet not insulin

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**We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.**

**Please describe your experiences with Hemp Hearts and any serious health condition:**

My husband is diabetic, the H.H. seem to control his weight and sugar levels.

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We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin. Please describe your experiences with Hemp Hearts and any serious health condition:

I do believe hemp heart ingestion helps to regulate blood sugar.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin. Please describe your experiences with Hemp Hearts and any serious health condition:

I am Type 2 diabetics I do not take medication or insulin - only Hemp hearts

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My mother has diabetes and it has helped her a lot <sup>stay away from sweets, no cravings</sup> as she loves her sweets.

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I AM A DIABETIC AND DEPEND ON INSULIN. SINCE TAKING HEMP HEARTS MY GLUCOSE LEVELS ARE UNDER CONTROL AND CIRCULATION IN MY FOOT HAS GREATLY IMPROVED.